

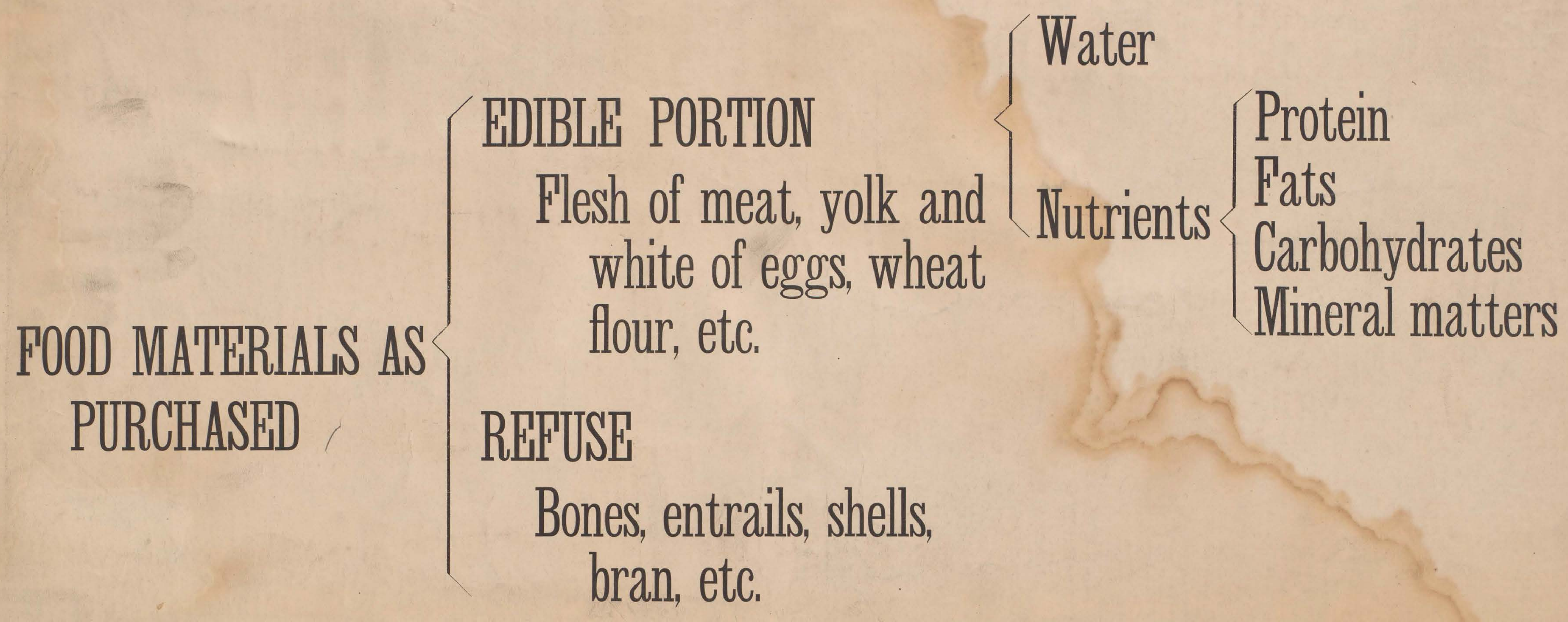
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FOOD AND DIET.

Chart 1.—NUTRIENTS OF FOOD AND THEIR USES IN THE BODY.



PROTEIN - - - - -	White of eggs, i. e., albumen, curd of milk, i. e., casein, lean meat, gluten of wheat, etc.	Forms tissue, i. e., muscle, tendon, and fat	
FATS - - - - -	Fat of meat, butter, olive oil, oils of corn and wheat, etc.	Form fatty tissues	
CARBOHYDRATES - - -	Sugar, starch, etc.	Transformed into fat	
MINERAL MATTERS - -	Phosphate of lime, potash, soda, etc.	Aid in forming bone, assist in digestion, etc.	
			All serve as fuel and yield energy in form of heat and muscular strength

Food is that which, taken into the body, builds tissue or yields energy.

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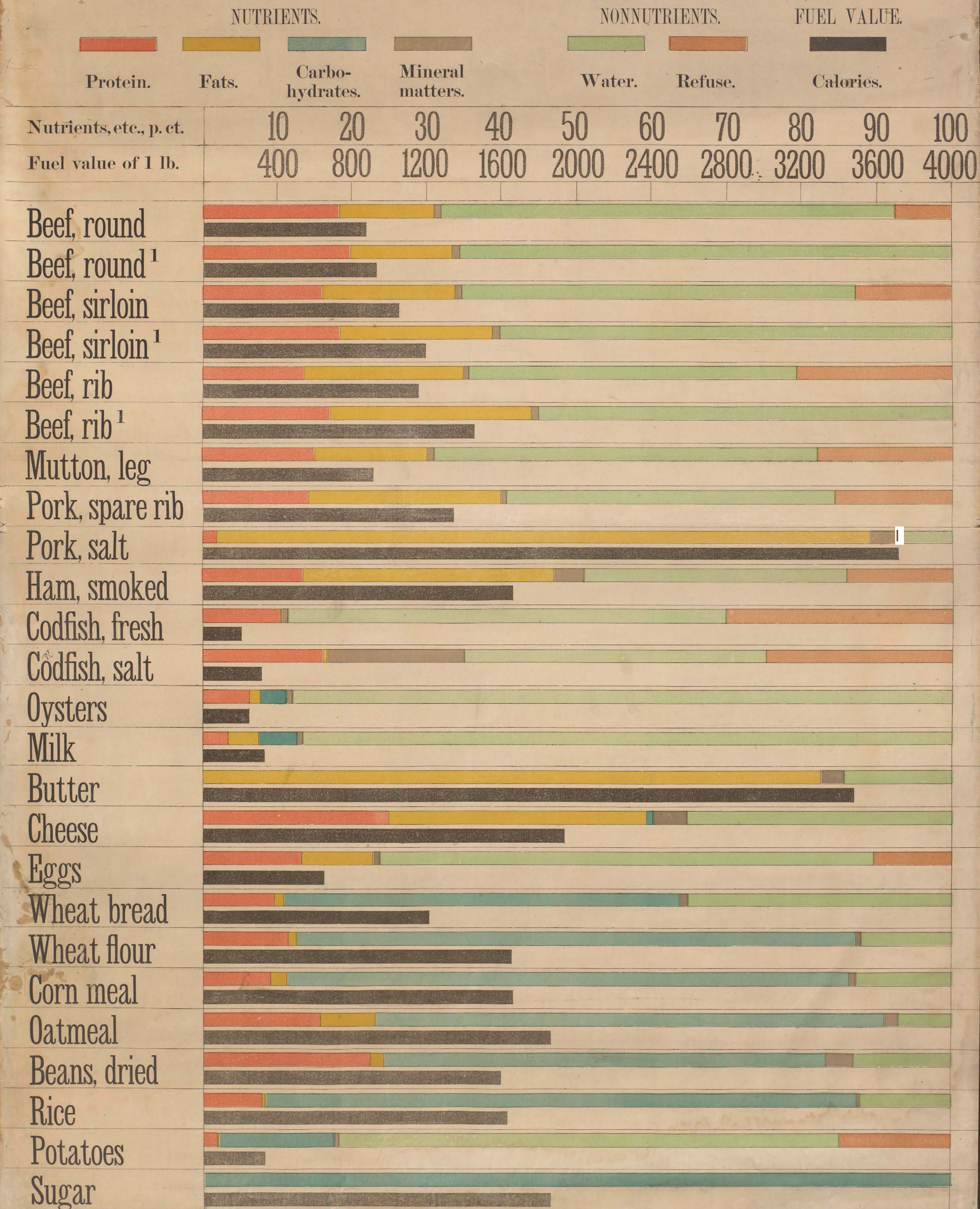
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FOOD AND DIET.

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Prof. W. O. ATWATER,
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Chart 2.—COMPOSITION OF FOOD MATERIALS.

NUTRIENTS, REFUSE, AND FUEL VALUE.



¹ Without bone.

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Chart 3.—PECUNIARY ECONOMY OF FOOD.

Amounts of Nutrients Obtained in Different Food Materials for 10 cents.

Protein. Fats. Carbohydrates. Fuel value. Mineral matters.

■ ■ ■ ■ ■

	Price per pound.	Ten cents will buy--	Pounds of nutrients and calories of fuel value in 10 cents' worth.				
	Cents.	Pounds.	1 Lb.	2 Lbs.	3 Lbs.	4 Lbs.	
			2000 Cal.	4000 Cal.	6000 Cal.	8000 Cal.	
Beef, round	12	.83					
Beef, sirloin	18	.55					
Beef, rib	16	.63					
Mutton, leg	12	.83					
Pork, spare rib	12	.83					
Pork, salt, fat	14	.71					
Ham, smoked	16	.63					
Codfish, fresh	8	1.25					
Codfish, salt	6	1.67					
Oysters, 40 cts. qt.	20	.50					
Milk, 6 cts. qt.	3	3.33					
Butter	24	.42					
Cheese	16	.63					
Eggs, 25 cts. doz.	16 2/3	.60					
Wheat bread	4	2.50					
Wheat flour	2 1/2	4.00					
Corn meal	2	5.00					
Oatmeal	4	2.50					
Beans, white, dried	4	2.50					
Rice	5	2.00					
Potatoes, 60 cts. bush.	1	10.00					
Sugar	5	2.00					

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Chart 4.—DIETARIES AND DIETARY STANDARDS.

QUANTITIES OF NUTRIENTS AND ENERGY IN FOOD PER MAN PER DAY.

Protein. Fats. Carbohydrates. Fuel value.

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